

Vermont: Burden of Chronic Diseases, 1996

Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in Vermont in 1996, accounting for 1,931 deaths, or 40% of all deaths.
- Ischemic heart disease accounted for 893 deaths, or 18% of all deaths.
- Stroke was the cause of 321 deaths.

Cancer

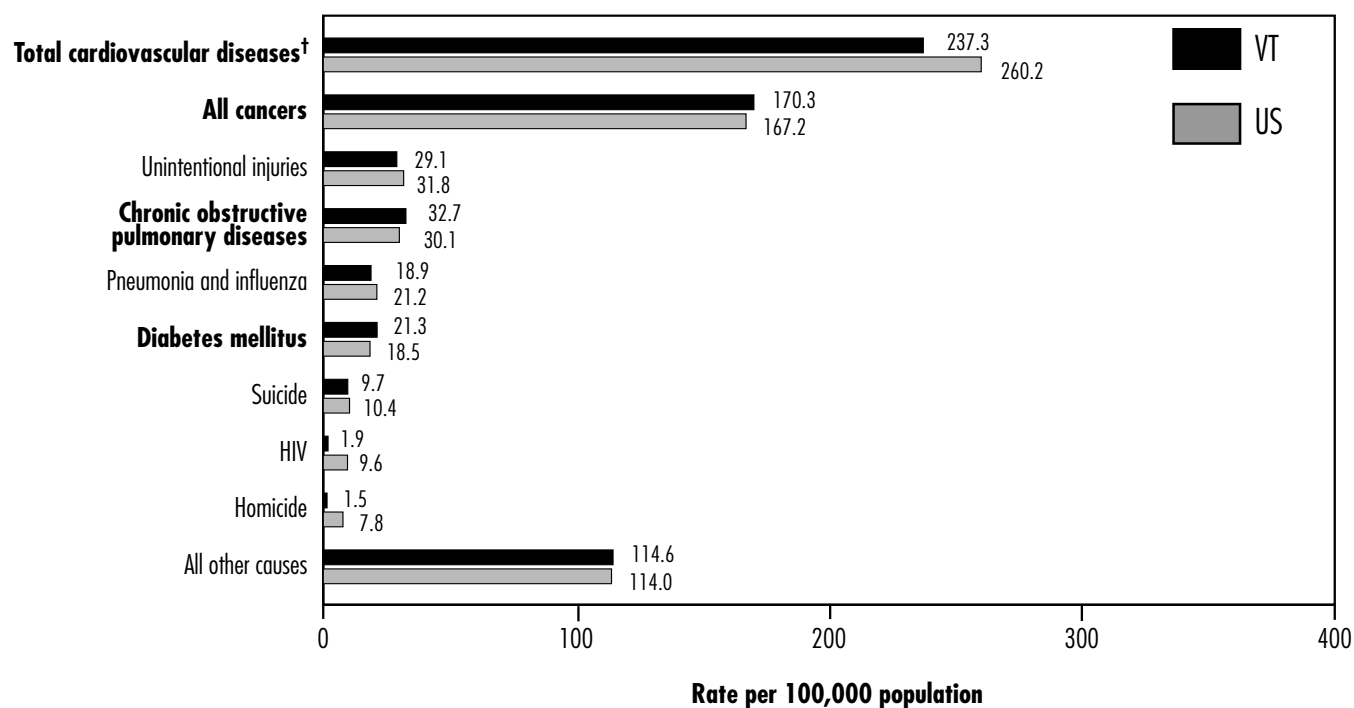
- Cancer accounted for 25% of all deaths in Vermont in 1996.
- Of all states, Vermont had the highest rate of death due to colorectal cancer.

- The American Cancer Society estimates that 2,600 new cases of cancer will be diagnosed in Vermont in 1999, including 400 new cases of lung cancer, 300 new cases of colorectal cancer, 300 new cases of prostate cancer, and 300 new cases of breast cancer in women.
- The American Cancer Society estimates that 1,200 Vermont residents will die of cancer in 1999.

Diabetes

- In 1996, 19,113 adults in Vermont had diagnosed diabetes.
- Diabetes was the underlying cause of 154 deaths and a contributing cause of an additional 301 deaths.

Causes of Death, Vermont Compared With United States, 1996*



*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (113.1 per 100,000 in Vermont and 131.0 per 100,000 in the United States) and rates of death due to stroke (37.2 per 100,000 in Vermont and 42.0 per 100,000 in the United States).

Vermont: Risk Factors and Preventive Services, 1997 and 1998

Risk Factors Among Adults

- In 1998, 24% of men and 21% of women in Vermont reported current cigarette smoking.
- Almost 25% of both men and women reported no leisure-time physical activity.
- Eating fewer than five servings of fruits and vegetables per day was reported by 77% of men and 65% of women.
- According to self-reported height and weight, 58% of men and 38% of women were overweight.

Risk Factors Among High School Students

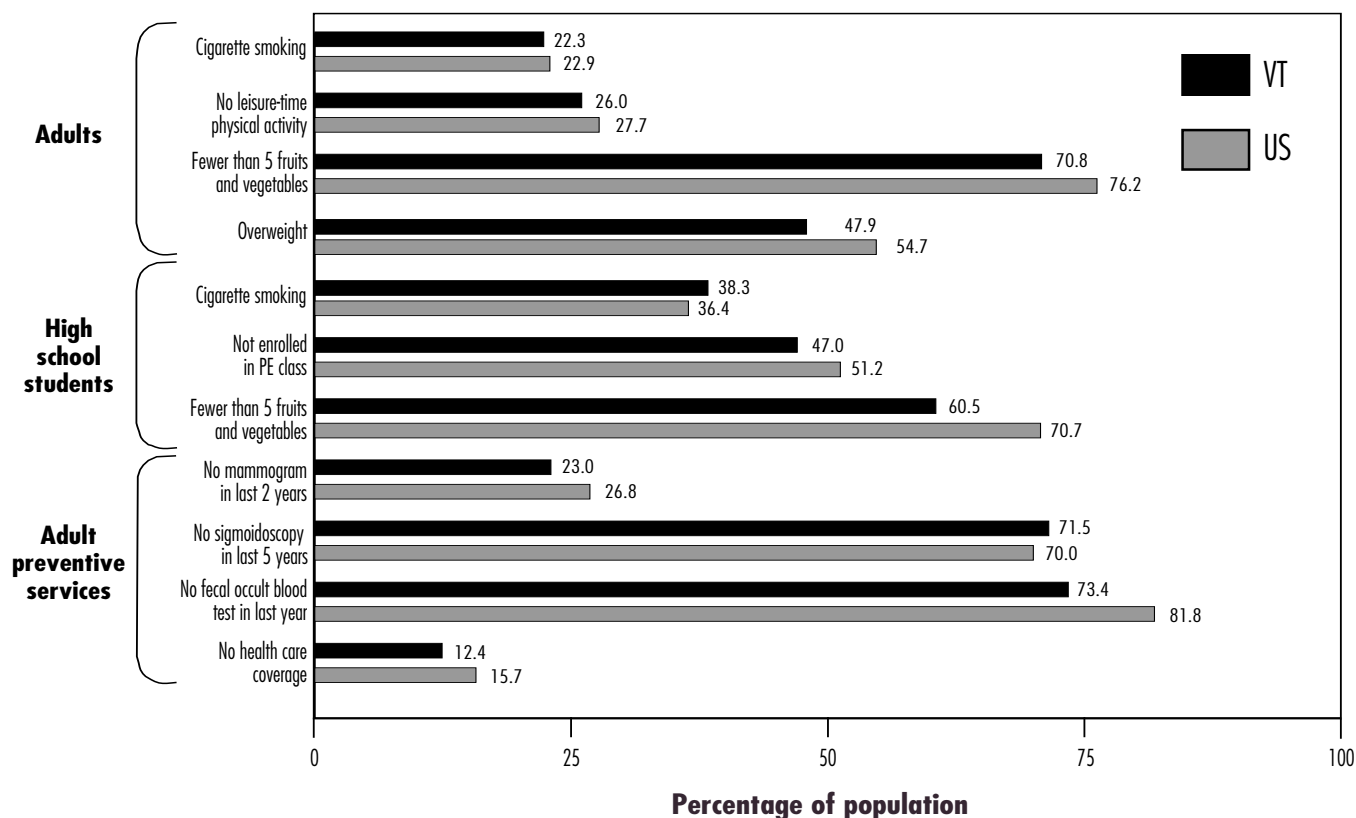
- In 1997, smoking cigarettes was reported by almost 38% of both male and female students in Vermont.
- Fifty-four percent of female and 49% of male students reported not being enrolled in physical education classes.

- Eating fewer than five servings of fruits and vegetables per day was reported by 63% of female and 58% of male students.

Preventive Services

- Of women aged 50 years or older, 23% reported not having had a mammogram within the last 2 years.
- Among adults aged 50 years or older, 75% of women and 67% of men reported not having had a sigmoidoscopy within the last 5 years.
- Among adults aged 50 years or older, 75% of men and 72% of women reported not having had a fecal occult blood test within the last year.
- Among adults aged 18–64 years, no health care coverage was reported by 14% of men and 11% of women.

Risk Factors and Preventive Services, Vermont Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.
CDC, Youth Risk Behavior Surveillance System, 1997.